



**Cosmetic Plastic
Surgery Institute**

Endo-Brow Postop Instructions

1. **Dressing:** A surgical headband, compression garment will be used to minimize swelling postoperatively. Bacitracin ointment will be applied to your scalp incisions located just behind your forehead and temple hairline. You should reapply bacitracin ointment to these sights each day (usually 3 to 5 incisions in total). You should keep your garment in place until seen by your doctor.
2. **Sutures:** The doctor will remove sutures from your hairline on day 10.
3. **Drains:** You will find small drain tubes with bulb capsules secured to your surgical headband, compression garment. These drains serve to drain extraneous fluid accumulation in the surgically drained areas, thus avoiding a hematoma (most common complication following face lift surgery). Drains are usually removed between days 1-3 days when their output clears up and is less than 10cc for 24-hour period.
4. **Showering:** You may shampoo your hair and wash your face as soon as 48 hours after surgery and 24 hours after drain removal. Because of decreased sensation over the forehead and scalp region, use luke warm water when showering to prevent a burn. You may let the water run over your incision sites but do not wipe/scrub over them.
5. **Position:** Resting with your head elevated or being in the upright position will help to decrease swelling during the postoperative period. Use of 2 to 3 pillows under your head while sleeping will suffice. If you are a restless sleeper, you may want to sleep in a Lazy Boy chair.
6. **Activity:** You may be up and around the house as soon as you feel comfortable. Do not do anything that requires straining or bending over for at least 10 to 14 days (Do not bend over to put on your shoes or tie your shoe laces). You may return to work as soon as you feel comfortable doing so (7 to 10 days following surgery). You will attain optimal results approximately 30 days following surgery at which time you may attend important social events.
7. **Driving:** Do not drive while taking prescription pain medicines or while your eyelids are swollen. Most patients will stop taking pain medications between days 3 to 5 following surgery.
8. **Ice Packs:** Ice crushed in a baggie, or a soft pack of frozen peas helps both swelling and discomfort.
9. **Hairdresser:** Avoid coloring your hair for 6 weeks postoperatively. You may have your hair washed and combed, but have your hairdresser avoid very hot water, curlers, etc. for the first 4 to 6 weeks.



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10. Exposure to sunlight: Protect your scars from sun exposure for at least 6 months after surgery. Remember to wear a hat or sunscreen with a skin-protection factor (SPF) of at least 15 whenever you go outside.

11. Loss of sensation: You may experience reduced or absent sensation over the forehead and frontal and temple scalp areas for up to 3 to 6 months following surgery. As the sensory nerves regenerate, patients normally experience tingling, shooting sensations, or itching. Massage usually relieves the symptoms.

12. Hair loss: Hair loss occurring around the surgical incision lines is caused by shock to hair follicles which causes them to go into a resting phase. Hair follicles that enter this resting phase will recover and regrow within 2 to 4 months from surgery. The hair will grow back in almost all cases.

13. Exercise: Do not do any heavy activities or aerobic exercise for at least 4 weeks after surgery. Strenuous activities may cause bleeding and swelling for longer periods than you realize.

14. High blood pressure: You must be vigilant with administering your blood pressure medications so that your blood pressure is not elevated. If uncontrolled, elevated blood pressures can result in knocking off of cauterized vessels and result in an undesired hematoma. Hematoma is the most common complication in facelift surgery and if undetected may result in compromise and sloughing off of your facial skin.

15. Postoperative Visits: Your doctor will ask you to return to the office usually within 24 to 48 hours to remove your drains. You will be asked to return to the office next on day 10 for removal of sutures from behind the scalp hairline. Your next appointment will be at one month after which you will be allowed to return to full routine and daily activity.

Pt. Name: _____

Pt. Signature: _____

Date: _____